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Suicide Prevention, A Resource Manual For The U.S. Army

Suicide Prevention, A Resource Manual For The U. S. Army outlines an integrated and comprehensive approach for the Army Leadership as they promote help seeking behavior throughout The Army family. The materials in this manual provide resources for local commanders to institute a total Army community thrust to protect the force from self-destructive behaviors.

The manual provides materials about helping agencies and encourages leaders at all levels to afford personnel every opportunity to get help when they need it. It includes a well-being instrument to help individuals assess their own state of well-being and encourages them to get help before their situation becomes a crisis.

Because people sometimes resist help, the manual includes three progressive levels of gatekeeper training: one for all personnel, another for officers and NCOs, and a third level for formal gatekeepers. It contains tools to help health care providers screen and secure potential suicidal persons for mental health treatment.

In keeping with the latest methods in suicide prevention, this manual uses a mental health model. Programs to enhance personal and environmental protective factors and reduce precipitators of suicide remain a vital part of primary and secondary suicide prevention. Gatekeepers must assist those who have become suicidal and refer them to mental health professionals for tertiary level interventions.

The U.S. Army Center for Health Promotion and Preventive Medicine recommends this manual for use at all levels of the Army Suicide Prevention Program and invites your questions, comments and requests for further resources to:

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DSN 584-4656 or commercial (410) 436-4656
<http://chppm-www.apgea.army.mil/dhpw/default.htm>